

East Hampton Senior Center

105 Main Street-East Hampton, CT 06424

Phone: 860-267-4426 Fax: 860-267-7682

Hours of Operation: Monday-Thursday: 8:30am-4:00pm

Friday: 9:00am-4:00pm

Website:

http://www.easthamptonct.gov/Pages/EastHamptonCT_Senior/index

Email: seniorcenter@easthamptonct.gov



Volume 5 Issue 3

Newsletter Date:

May/June
2016

Senior Club Meeting

Time Change

@ 2:00pm

Monday May 2nd.

Join us to recognize
those Older Americans
who Blaze Trails In East
Hampton

Recognition &
Ice Cream Social @ 2pm
and the East Hampton
High School Tri-M Music
Honor Society
performance @ 3pm.

Live Well

Learn How to Self-Manage
your Diabetes

Attend a **FREE Live Well Workshop** and learn skills to understand and take control of your Diabetes

Learn about what to eat, foot care, blood sugar, sick day guidelines, tips for dealing with stress, how to set small and achievable goals and more.

Join a **FREE 6-week Live Well Workshop**

Wednesdays,

May 4 - June 8

1:00-3:30pm

East Hampton Senior
Center

105 Main Street, East
Hampton. To sign up call
East Hampton Senior Center
@ 860-267-4426

Or the Chatham Health

Older American's Month

BLAZE A TRAIL MAY 2016.

Come celebrate at the Senior Center all month long.

May 2nd, 2pm Proclamation & Ice Cream Social.

May 9th, Murder Mystery at Mardis Gras, 1pm

May 12th EHMS Spring Concert 1:15.

May 20th 10-2 Wellness Day PART 1

May 23rd 12:00 Birthday Party

1-4:00pm Wellness Day PART 2

May 24th, High Stakes Bingo—Prizes awarded from area community

May 27th 9:15 EHMS Patriotic Assembly.

May 31th Hartford Hospital Mobile Mammography... just to name a few.

Be sure to sign up for all events in support of Older Americans month!

AARP
Tax-Aide™

AARP Tax Assistance is over for this year. Special thanks to our volunteers, Rich, Roger, Allan, Greg, MaryAnn, Alberta & Nichole.

Without their willingness to volunteer with AARP we would not have this wonderful service.

If you would be interested in volunteering to help with the new tax season please see Jo Ann Ewing for more details

CLOSED
Monday, May
30th for
Memorial Day!



Coupon Book

We have a newly organized system for coupons. There is a white binder labelled COUPONS.

Feel free to take any coupons you feel you can use & bring in any you may think may be helpful or useful to others.

If you see expired coupons...Please discard. Thank you in advance.

The YMCA Yoga program will continue at the Senior Center:

Mondays @ 1:45pm
Armchair Yoga*

The program meets for 5 weeks, costs \$25.00 per program per session.*

*Free for YMCA members and/or if you are a Silver Sneakers member.

Please ask the staff for more information.



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Did you know?... We have a new system in place for choosing your bread and or pastries on Tuesdays and Thursdays? You get to **PICK A NUMBER** and get your bread in the order of your number. This allows everyone an equal opportunity for their choice in bread and pastry. You can pick up bread after 10:30 am. special thanks to Len and Bruce and Joe who help with the pick up delivery.



WHY SHOULD I PRE-REGISTER?

Often, in the newsletter, you will be asked to register/sign-up at the Reception Desk. It is important that you do so for several reasons:

1. We sometimes cancel a program/trip due to low registration. If you are interested and do not sign up, you might miss out on the program/trip that you are interested in.
 2. If a program/trip is cancelled and you are not registered we will not notify you and you may come to attend a program that was cancelled.
 3. Instructors often ask for a number of registrations in order to prepare handouts.
 4. Room assignments are made according to the size of the group. If we do not know you are coming we might not select the room to accommodate everyone.
- Please help us to help you and register/sign-up at the Reception Desk for programs/ trips you are interested in. *Thank-you!*

Blood Pressure Screenings

Monday May 2nd & May 16th .
June 6th & 20th-10:45-12:00.
No appointment necessary.
Sponsored by the Middlesex Hospital and Homecare Agency.

Open Art Studio:

Wednesday

10:00am to 12:30pm

If you are
interested in joining this group
contact Dawn
Tyler at the Center
on Wednesday



Build a Bear for people in Need!

**Sojourn Bears on
Wednesday mornings
10am**

Sojourn Bears are for adult patients getting their first chemo treatment. We make smaller bears for children and others, too! Join the fun!

Exercise with Cindy

Sit & Stretch Class is
offered Tuesday & Thursday
10am to 11am
\$3.00 per class or \$20.00 per
month.

BINGO!!!

Bingo

Tuesdays at 12:45pm.



We offer a

wide
variety of
games.

Cash prizes and food
prizes available!
Play up to 5 cards!

Setback

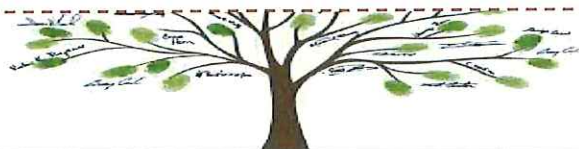
12:30-3:00pm.

Thursdays

No partners
necessary,
Partners are
established day of the
game. (depending on who is
here!)



Genealogy: June 24, @ 10:00am Meet with Brian, see if he may help you with your family tree journey.



The Belltones handchimes and choral group rehearse and perform on Wednesday afternoons, 12:30 -2:30.

They are seeking new members with the love of music in their hearts. Please see a staff member if you are interested.



Bridge is offered Friday afternoons, at 12:30pm. New members are welcome! Please see a staff member for more information.



Please note: The Y Yoga group will meet Monday, May 9th at 3pm. The May 2nd meeting will be rescheduled, to be announced.

BIBLE STUDY

1PM

TUESDAYS

New members
Welcome!



Dial-A-Ride: transportation is provided to the Town by Middletown Area Transit. If you no longer drive but want to "get places" pick up an application at the Senior Center.

There is a \$2.00 charge for a one way trip (\$4.00 per round trip).

For more information call the Senior Center or Dial-A-Ride @ MAT 860-347-3313.

Adopt-A-Senior Rider program is available to income eligible residents. This program is sponsored by the East Hampton Village Lions Club. They provide bus tickets at no cost to those eligible. See Jo Ann at the Center for more info.

MAY 2016

SPECIAL EVENTS

Muffins For the Mind

Tuesday, May 17th,
2016

10:30am

Get ready to exercise
your brain matter and
challenge those
around
you.



May 23
12-1:00pm

May babies, let us know it's
your birthday! Come celebrate!

Monday, May 23rd at 12:00pm.

Birthday Recipients do not need
to pay. Other party goers, and
guests are asked to pay \$2.00
for Pizza Party~

If you celebrated your birthday
in May we'll send you an invite
to our Birthday Party. You will
be our guest to a PIZZA lunch
and enjoy cake and ice cream.

Have a friend you want to
celebrate your birthday with?
Sign-up at the desk at least 24
hours in advance.

Men Can and Do...Talk

Group meeting On Wednesdays
at 10am

Women In Conversation

Group meeting on Wednesdays
at 11am. Laugh, Learn and
Grow...

*This program is offered in
collaboration with East
Hampton's Youth and Family
Service Department.*

TRIPS



Cromwell Shopping,

Friday, May 6, 12:30pm
Your choice of stores on
Rte 372.



'Let's Do Lunch',

Farrell's Restaurant

11:30 am

May 10th



Culinary School Luncheon,

Friday, May 13.

Cheney Tech,

10:15am, \$11.00 +
Transportation donation.

**Mystery Trip 9:30 May
18th the Spot Café**



BOOK CLUB

Tuesday, May

10, 2016 @11AM.

**New club members
always welcome!**

**Wednesday, May 25,
2016 1:15pm**



INTERGENERATIONAL

The Gift of Living History: every Friday
at 10:30am. Children who are
homeschooled will explore with senior
Citizens what Living History is. This is a
way to interact with school age children to
learn about Living Histories, together. If
you are interested, sign-up at the Senior
Center desk.



**Gift Games Wednesday, May 25th 3:30-
4:30pm**

**EHMS Spring Concert Thursday May
12th, 1:15pm**

**Patriotic Assembly Friday May 27th 9am,
EHMS**

Commission On Aging Meeting

May 12, 2016 3:00pm East Hampton
Senior Center. Open to the public.
Transportation is available upon
request.

REFLEXOLOGY: Friday, May 13th &
27th . \$10.00 per 15 minute session Pay day
of session. Please call certified reflexologist
Susette Christensen to
make your appt.
@ 860-334-9255.



CLOSED

Memorial Day Monday, May 30th

JUNE 2016

SPECIAL EVENTS

June Birthdays will be celebrated with a Luck Luncheon. Let us know its your birthday and we will invite you to lunch , and celebrate with cake and ice cream! Guests are welcome but please sign up at the senior center desk, and let us know what you are bringing.

Commission On Aging Meeting

June 9th, 2016 3:00pm
East Hampton Senior Center. Open to the public. Transportation is available upon request.

Virtual Dementia Tour

By Appt at the East Hampton Senior Center

June 9th 4pm to 7pm

Take 20 minutes out of your day to experience the Virtual Dementia Tour. Sponsored by East Hampton Commission on Aging & Kindred at Home. Call for an appt.

Muffins

provided by
Manborough Healthcare

**MINDS PROVIDED
BY ...YOU!**

**Monday, June 13 @
10:30am.**

TRIPS

Cromwell Shopping:

Friday June 3rd,
12:30pm to 4:00-pm.

WalMart, Kmart, etc.

Let the driver know where you would like to shop!

MYSTERY TRIP AND LUNCH @ LOG CABIN

TUESDAY, JUNE 21ST.

10:00AM.



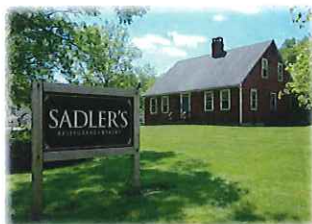
Let's Do Lunch: Lakeview Family Restaurant, Coventry.

11:15am

Tuesday, June 28, 2016



June 7th Book Club at
11am lunch at Sadler's
Ordinary 12:25



**TRAVEL MEETING
Thursday, 1pm ,
June 2nd**

**Men Can and Do...Talk
Women In Conversation
Both groups are on vacation
and will return in the September**

Thank you for your continued support by donating to the CWResources Elderly Nutrition Program. Your suggested \$2.00 donation contributes to the success of the program.

Thank you!

**Monday, June 20th
1pm.**

Movie Day



REFLEXOLOGY June 10th & 24th. \$10.00 per 15 mnute session
Pay day of session. Please call certified reflexologist Susette Christainsen to make your appt. @



**Still Pickin' Country
Western band.**

June 14th.

**1pm. Celebrate
Flag Day in Style!
Sign up today!**



ELDERLY AND TOTALLY DISABLED TAX RELIEF

February 1, 2016

It is time to apply for the Elderly and Totally Disabled tax relief under the "HOMEOWNERS" program. The Elderly portion of this program is only for taxpayers 65 and older or totally disabled.

The filing period is February 1, 2016 to May 15, 2016 and the forms are available in the Assessor's office.

You must bring with you statements of ALL INCOME, including Social Security received in 2015. If you file Federal Income Tax, you must bring a copy of your completed 2015 tax return with you. The income limits to remain on the program are \$35,200 for single and \$42,900 for married.

If you are physically unable to appear in person, please call the Assessor's office at (860) 267-2510 and we will make arrangements to come to you.

If you have any questions, please do not hesitate to call.

Sincerely,

Terence Dinnean CCMAI
Assessor

Linda B Connors
Assistant to the Assessor

April 1, 2016

Renter's Rebate of Elderly Renter's and Totally Disabled Persons

It is time to apply for the Elderly Renters and Totally Disabled Persons tax relief under the "Renter's Rebate" program. The Elderly portion of this program is only for taxpayers 65 and older.

In order that we may process your application, you will need to provide the Assessor's office with the following documents:

- 2015 copies of Rent Checks or Rental Statement.
- 2015 copies of Utility checks or Utility Statement (Electric, Gas, Water and Fuel)
- 2015 copy of Social Security Benefit Statement (form SSA 1099) or
2015 IRS tax return (if you filed) or

Copies of your bank account interest (1099), IRA distribution, pension statements, wage forms and any and all other income related documents from the year 2015.

If you made withdrawals from and/or received payments from annuities, those must be counted as well.

All applications must be submitted no later than October 1, 2016. If you are physically unable to appear in person, please call the Assessor's office at (860) 267-2510